Stay Alive Longer!

That Potbelly May Pull You Into a Grave

By LELORD KORDEL

Sam Morris was eating his second dessert. It was a huge wedge of apple pie, and after the first bite he looked around the table and asked, "Where's the butter?" "I put it away when I cleared the table, Sam," his wife said. "Who wants butter with dessert?"

"I do," said Sam plaintively. "You know I always like butter on my pie, Ella. Makes it richer."

"That's the trouble with you, Sam," she said, "too much rich food. You don't see me eating dessert the way you do. If I don't have it every meal you make a fuss. You'd just better remember what the doctor told you!"

Sam didn't like to remember that.

The doctor hadn't listened to Sam's excuses. He had been blunt and unsympathetic.

"It's not your glands, Sam," the doctor said. "And you didn't inherit your fat. All you inherited was the family appetite. You just eat too much. Nothing else wrong with you—yet. But there soon will be if you don't get rid of that potbelly."

There are more excuses for obesity than there are reasons for it. Did you ever hear a fat person say, "I'm fat because I'm a glutton?" Never! "My whole family is fat," he'll tell you, "and I inherited it. I really have an appetite like a bird." The answer to that, of course, is "Sure—a vulture or an ostrich?"

At the age of 30 or 40 the body's energy requirements slow down, and you need fewer calories to maintain your weight. As the average man gets older, however, and his physical activity decreases, his eating habits stay exactly the same—even increase.

If you seek that alive-all-over glow your body radiates when you are in excellent health, why not try LeLord Kordel's Better-Eating Plan? It is designed to give you the protein, vitamins and minerals your body needs for dynamic living.

You may have a copy FREE by sending a stamped self-addressed envelope to: LELORD KORDEL Care of The Daily Colonist. (A five-cent stamp should be used).

You a Chairwarmer?

If you are a chairwarmer, 1,900 calories a day will hold your weight. If you get around a bit, 2,400 calories a day will allow your weight to remain the same. You can remain lean on 3,000 calories a day if you're a hard, active worker.

Anyone who is as much as 15 pounds heavier than his optimum weight for his particular physique is considered overweight. There are 25,000,000 overweights in the United States, and 5,000,000 seriously obese.

The overweights dig their own graves with their teeth—workmen and executives alike. Your vulnerability increases with your pounds. Studies of 50,000 overweights by the Metropolitan Life Insurance Company showed that the mortality among them was 50 per cent higher, especially when they were also suffering from cardiovasuclar-renal diseases, diabetes, and diseases of the liver and gall bladder.

Your chances for living go down as your weight goes up. Generally speaking, people who are 15 per cent overweight have a death rate 22 per cent higher than persons of normal weight. Those who are 15 to 24 per cent overweight have a 44 per cent higher death rate. And the ones whose weight is 25 per cent higher than normal have a death rate 75 per cent higher.

If you're overweight at 30, it isn't good; at 40, it's a definite danger signal. Studies by life insurance companies show that the overweight develop diabetes, heart disease, and other life-shortening conditions earlier, and die younger, than those whose weight is normal.

The American Journal of Public Health says that America's problem is that of an overdeveloped country. Our obesity is related to our national prosperity, just as malnutrition is to poverty in the underdeveloped lands.

Each man kills himself in his own fashion. But the overweight victim of a wrong diet definitely lessens his hold on life. One American out of every four is overweight because of overeating—or eating the wrong foods.

Strain on Heart

Fat puts a strain on the heart. For every 10 pounds of extra fat you have, there must be a half mile of blood vessels to serve it. The heart must work to pump blood to these fatty areas.

Dr. Frederick J. Stare, professor of nutrition at Harvard University, says that excessive calorie intake is the most widespread nutritional problem in the United States. Americans generally eat far too much rich, belt-stretching foods which are low in vitamins and minerals.

Doing violent exercise won't melt off those pounds. You would have to walk 36 miles, bend over 2,500 times, or play 216 holes of golf to lose one little obnoxious pound of fat.

When and how did you put on your weight? Was it when you quit chasing blondes and started sitting down to hearty meals with those beefy fellows at the club? No matter how you gained it, you'll have to lose it with knowledge—of what you're eating and what it's doing to your body.

Why do you overeat? The reason for it often has little to do with actual hunger. Is your eating a habit? The stuffing habit that you formed when you were a growing boy? Or do you eat too much because you are emotionally disturbed? An insight into the problems responsible for overweight is necessary to achieve a cure. First, you must understand the reason you eat too much. Then you can be helped to lose weight.

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Tomorrow: Danger! Curves Ahead—unless you redesign your eating in accordance with 20th century living! How to use your head and lose weight!

by Laura Wheeler

Happy Headliners

Fashion loves the "loopy" look of these cozy caps! So warm, so quick to crochet in bright wool.

Thrifty! ONE four-ounce skein of knitting worsted for hat; TWO balls of sport yarn for scarf-hood. Both are quick-crochet. Pattern 747: directions.

Send thirty-five cents in coins (stamps cannot be accepted) for this pattern to Laura Wheeler Needlecraft Department, The Daily Colonist, 60 Front Street West, Toronto, Ont. Print plainly pattern number, your name and address.

Teen-Agers Pick '1959 Sweetheart'

Heather Adams, 15-year-old North Saanich High school student, was chosen "Sweetheart of 1959" at a Valentine dance staged by North Saanich Teen Town at Sancha Hall Friday night.

The winner was chosen by ballot by the 80 members of the teen-age group.

World's oldest scientific society, the Royal Society of London was founded in 1662.

To Be Married in Toronto

Mr. and Mrs. Lyman Melvin Crawford-Brown, of Fort Lauderdale, Florida, announce the engagement of their daughter, Gail Elizabeth Stair, to Flying Officer William Raymond Cann, RCAF, only son of Mr. and Mrs. Arthur R. Cann, of Victoria. The marriage will take place at St. Andrew's Presbyterian Church in Toronto on April 18. The bride-elect is a niece of Mr. and Mrs. J. A. A. George, 1229 St. Patrick Street.—(Photos by Robert Fort.)

Tasty Dishes—But Cheap

These recipes are the second instalment in answer to the appeal for economical dishes by Ted Shackelford, Colonist reporter, who has been assigned to live on $55 a month to ascertain problems facing old-age pensioners.

SOUP

Put one cup of course ground oatmeal (not rolled oats) into a frying pan and brown in a little oil or fat. Turn into a saucepan with five cups of water, simmer for an hour and then add chopped onion and any other available vegetables. Continue simmering until cooked and then add two Oxo cubes and stir until melted.

Of course, a soup bone can be boiled with soup mix—less than 20 cents a package—until cooked to make tasty, nourishing soup, too.

MEAT DISHES

Westerner Sandwiches

Half pound hamburger; four eggs; one or two tablespoons chopped onion; quarter cup of crumbled, course dry cereal; an eighth teaspoon of pepper.

Break hamburger into pieces and place in a bowl. Add eggs, cereal and seasoning and whip with a fork until thoroughly mixed. Drop by tablespoonful into frying pan containing hot fat. Flatten and cook both sides. Serve between slices of bread or in buns. Makes 12 large, thin cakes.

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Humburger Stew

Half pound of hamburger; a small, sliced onion; two or more peeled potatoes; two or more peeled carrots; two or more sticks celery; half a Bovril or Oxo cube; a dash of tomato sauce and a drop of vinegar.

Brown the hamburger in a frying pan. Remove the meat, leaving the fat and juice in the pan. Put potato slices, carrots, celery and onion in pan, cover with water, add Bovril cube and salt and cover with water. Simmer until tender. Replace meat in pan, add sauce and vinegar and simmer for a few minutes. (Mrs. B. Walker, Royston, B.C.)

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Breast of Lamb

Makes spareribs and stew, costing 15 cents to 19 cents a pound. Buy a piece with a meaty portion at the end. Cut off this meat and make a stew. Salt and pepper ribs and either broil and roast in an oven, or put in a frying pan over an element with half a cup of water and cover. When tender drain off the water, remove the lid and brown, with lots of salt. (Mrs. Alison McCord, 408 Dallas Road.)

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Tripe

Boil till tender, cut into two or three-inch squares, dry on a clean cloth and fry until crisp. Sprinkle with grated cheese and the rind of a lemon, or lemon juice. Salt and pepper to taste. (Mrs. Alison McCord. 708 Dallas Road).

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Stewed Kidney

Parboil pork kidneys, drain and rinse well. Slice the kidneys and saute in a little margarine together with sliced onion and about a tablespoon of flour. Season, stir and cook gently. Add water, cover and cook until tender. (Mrs. Violet Polushin, 122 Lowland Road.)

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VEGETABLE DISHES

Fry two onions, add a can of tomatoes or half a pound of fresh tomatoes, thicken with a little flour, add grated cheese and serve with minute rice. This can be varied by adding any left-over meat, hard-boiled eggs, fish, or soup instead of liquid from the canned tomatoes.

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Spanish Rice

One slice of bacon cut into small pieces; two tablespoons of raw rice, one medium onion chopped up.

Fry the bacon in a small pan until crisp. Remove the bacon and fry the rice and onion in the bacon fat until golden brown. Put this in a double boiler (or a basin resting over boiling water) and add bacon, salt and pepper and half a cup of water, tomato juice or broth. Cook about an hour, until the rice is fluffy.

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DESSERTS

Bachelor Fried Pie

Four tablespoons flour; one teaspoon baking powder, or a quarter teaspoon of baking soda; two level tablespoons of shortening, fat or margarine.

Mix ingredients with a fork, add sufficient milk or water to make a very stiff paste, form into a ball and then roll out on a piece of waxed paper to about the size of a tea plate. Put the paste in a hot, greased frying pan, cover with jam, fold edges over and nip them together and then fry lightly, about five minutes each side. —(Mrs. Mary Ellison, 1023 Hulford.)

Treacle Pudding

One cup flour; a quarter tablespoon salt; half cup milk; half cup chopped suet, one heaping teaspoon of baking powder.

Make a dough of the ingredients—it will be sticky. Place a layer of the dough in a pudding basin, add two or three spoonsful of golden syrup, then another layer of dough and more syrup, ending with a layer of dough. Tie up as for a Christmas pudding, put in a large saucepan with two or three inches of water and boil for three hours. Serve hot with milk, cream or custard.—(Mrs. E. Perry, 1370 Esquimalt Road.)

FIGHTING FISH

Manitoba's lake trout are known to the Indians as namaycush, meaning dweller of the deep.

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To Be Christened Today

A christening of interest here and up-Island takes place at 3 p.m. today at St. Francis-in-the-Woods, Caulfield, in Vancouver, when the Rev. William Valentine will give the names Joyia Kathleen Mary to the daughter of Mr. and Mrs. F. J. B. Roome, of Eastcot Road, West Vancouver. Godparents of the child are Mrs. Gary Hill, Vancouver; Mr. John Cox, Montreal, and Mr. Beavan Gore-Langton, Victoria. Grandparents are Major and Mrs. F. C. E. Roome, former Victorians, and Dr. and Mrs. K. A. Peacock of Vancouver.—Photo by Campbell, Vancouver.

Annual Dinner Held By Cathedral Choir

Members of the clergy, church wardens and their wives, choir members and bell-ringers, their husbands, wives and friends all attended the annual banquet of Christ Church Cathedral choir held Tuesday at the Oak Bay Beach Hotel.

At the head table, decorated with an arrangement of daffodils and blue iris, the honored guests were seated, including Archbishop and Mrs. H. E. Sexton, the Very Rev. Dean Brian and Mrs. Whitlow, Canon and Mrs. R. E. H. Howell, Canon and Mrs. A. E. Greenhalgh, Rev. and Mrs. C. M. Hubbard, Dr. and Mrs. J. F. K. English, Mr. and Mrs. E. J. Chaloner, Mr. and Mrs. E. W. Izard, Mr. and Mrs. R. H. Proudman, Mr. and Mrs. J. O. Clay, Mr. Ian Galliford and Miss Ann Van der Voort.

Presentations were made to Miss Van der Voort and Mr. Galliford, assistant organists.

Conveners of the banquet were Mrs. Hazel Sherratt and Mrs. Margaret Dunn.

IODE

Sir Matthew Baillie Begbie Chapter, IODE, will hold a luncheon and annual meeting in the James Bay Hotel on Friday. The luncheon will begin at noon, followed by annual reports.

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Plenty of Citrus Fruit Builds Cold Resistance

At the time of writing I'm not sure whether I have a "flu-like cold" or a "cold-like flu" such as is on the rampage in Victoria's schools but whichever, my red nose, watery eyes and I wish I'd eaten more fresh citrus fruit this winter.

Apparently the best preventive for "de cobbed code" is to keep up your health and stamina with loads of vitamins C, found abundantly in oranges and lemons. Hot beverages made with citrus fruits will help you along the road to recovery if you have a cold or give you pleasure if you don't.

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Here are a few I've tried:

HOT HONEY LEMONADE

Combine three tablespoons fresh lemon juice, three tablespoons of honey with one cup of boiling hot water. Mix and add cinnamon if desired. One serving.

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SPICED NIGHT CAP

Combine one cup of cold water, ten whole cloves, one stick of cinnamon, broken. Boil for 10 minutes. Add ½ cup honey and bring to boil. Pour in three cups boiling water and ½ cup lemon juice. Cut sections of lemon, twist and place in bottom of each cup. Add hot liquid and serve at once. Makes four to five servings.

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Another source of sun-drenched vitamins for you are the many tropical and semi-tropical fruits available at your local stores and supermarkets. For a big fruit salad why not combine papayas, pineapples, temple oranges with emperor grapes at 29 cents a pound and bananas?

A tip on storing these tropical fruits, even tomatoes is to keep them in a cool spot not necessarily the refrigerator. Anything grown where's it's warm, can't take a rapid cooling without spoiling.

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From Mexico, land of hildagos and haciendas, come delightful fresh vegetables — Wade variety round green beans selling for about 35 to 39 cents a pound—and fresh green peas in the pod for about 39 cents a pound.

A gentle suggestion right now is to buy and freeze vegetables of good quality. The next few weeks may find a poorer quality vegetable on the market. The reason is the heavy rains in California. Growers are picking and shipping their produce in spite of the rain and damage may result.

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Home gardeners will be glad to hear seed potatoes to "grow your own" will be available in most local and feed stores within a week. Varieties are early Warba, Epicura and Rose and they sell for about 10 pounds for 79 cents. Plant now and they'll be ready in June.

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Rhubarb — the Victoria variety — is coming down in price so you might whip up a rhubarb pie for the family this weekend. By the pound, this fruit sells for 29 cents.

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There are over 250 varieties of the exotic avocado but the popular brand seems to be the green Fuerte selling right now for about 19 to 29 cents. This fruit is grown on trees in southern locales and nearly everyone has a tree or two in his backyard — they provide shade as well as salad fruit.

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New crop of celery has just arrived and it's excellent. Long, round shaped stalks that snap when you look at them are selling for about 19 to 29 cents.

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Garlic in the two-ounce tube is a popular seller around here. Buy some for salad and steak dinners.

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Lettuce is just so-so at this time of year as the buyers make the switch from the desert variety to the coastal regions but the quality will improve soon.

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There will be Australian onions in your stores in 10 days to two weeks from now.

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One item that's hard to get is hydrated dates for date squares from Iraq and Iran, the date producing areas of the world. The countries have been busy fighting and what not and what little was harvested was rejected by our customs officials as being below Canadian food standards.

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Sooo! there are a few dates from California, table variety, selling in a 12-ounce tube for 29 cents.

Need for New Flag Discussed Monday

"Does Canada need a New Flag?" will be the topic of a talk by Mrs. Dorothy Abraham at a public meeting sponsored by British Israel World Federation (Canada) at 8 p.m. Monday in Newstead Hall, 734 Fort Street.

Farmers Choose Executive

Officers elected during the annual meeting of the Metchosin Farmers' Institute held at Luxton Hall recently were James Chidlow, re-elected president; Stanley Hiscock, vice-president; J. L. Williamson, 2nd vice-president, and Mrs. Violet Hiscock, secretary-treasurer.

Directors are O. M. Finney, Robert Campbell, Pat Colclough and William McDowell.

Membership committee includes J. L. Williamson for Glen Lake and Happy Valley, J. W. Wheatcroft and G. H. Mitchell for Metchosin, Richard Proudfoot and William Dawson for Colwood, and F. H. Staverman and William McDowell for Langford.

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